

How You Can Take Action Against Addiction



ATTENTION

Because addiction and mental health struggles affect our communities and the families living there, it's important to bring attention to the situation. Using a variety of free online resources, you can educate yourself on the latest information, see what initiatives are already underway and discuss with your loved ones how best to help.



ADVERTISE

Do people in your area know about the help available at Sulzbacher? Have you heard about a community outreach program that might help those seeking help? Share and advertise these resources on your social media, at your community center or workplace or with someone you think could benefit.



ADVOCATE

People struggling with addiction and mental health issues need compassion and understanding. More than that, they need a voice. Unfortunately, stigmatizing language like "addict" or "crazy" push those seeking recovery further away. Being an advocate begins with positive, empathetic and solution-oriented language.



ASSESS AND ALERT

Learn to assess what could be the signs of an opioid overdose. These may include (but are not limited to): **no response to stimuli; shallow or stopped breathing; and inability to be awakened.** If you cannot get a response from someone, alert emergency personnel right away by calling 911, tell the operator your location and stay on the scene until an ambulance arrives.



ASSIST

One of the best and most powerful ways you can take action against addiction and advance positive mental health is to assist those struggling directly — either by making a donation to or volunteering to support an outreach ministry or recovery support organization like Sulzbacher. Thank you for being a positive force for change!



The mental health crisis and epidemic of substance abuse addiction can destroy lives. Thanks to your support, Sulzbacher stands ready to help our vulnerable neighbors in Jacksonville heal through our healthcare and shelter programs — so no one struggling with addiction or mental health has to face their challenge alone.

If you or someone you know is struggling with addiction, visit [sulzbacherjax.org](https://www.sulzbacherjax.org).

**Source: drugabusestatistics.org*



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